

HOW MUCH WEIGHT SHOULD YOU GAIN DURING PREGNANCY?

Gaining weight at a steady pace during pregnancy is important for the proper growth and development of your baby. Below are the recommended total weight gains for the pregnancy woman:

Under Weight	35-40 pounds
Normal Weight	30-35 pounds
Over Weight	22-27 pounds
Obese	15-20 pounds

Your recommended weight gain is _____ .

HELPFUL HINTS

- ❖ Eat meals at regular times. You may want to eat smaller, more frequent meals.
- ❖ Eat slowly and chew your food well.
- ❖ Drink your fluids between meals rather than at meal time. This may keep you from feeling “stuffed” and prevent nausea.
- ❖ If you are gaining weight too quickly, snack on nutritious foods such as fresh fruits and vegetables instead of high calorie potato chips, candy and pop.
- ❖ If you are not gaining enough weight, eat more foods containing milk and milk products such as ice cream, pudding, milkshakes, cheese & crackers.

NEVER DRINK ALCOHOL WHILE YOU ARE PREGNANT

Alcohol in beer, wine, wine coolers and mixed drinks may be harmful to your baby.

PREGNANT WOMAN’S DAILY FOOD GUIDE

Food Group	Recommended Serving(s)	Actual Intake	Needs Improve?	Food Source
Calcium	4			1%, 2%, skim, whole, and buttermilk, Yogurt, cheese, tofu, ice cream Carnation instant breakfast drink, custards, puddings, pasteur, eggnog, milkshakes, Sardines, salmon, Beets, turnips, mustard greens, broccoli, dry beans.
Protein	2-3			Animal: lean meat (beef, veal, lamb, pork), fish, poultry, organ meats (liver, kidney) eggs. Vegetable: dried beans & peas (lentils, kidney & navy beans, split peas). peanut butter, nuts, tofu.
Enriched Bread & Cereal	6-11			Bread, rolls, dumplings, muffins, biscuits, crackers, cereals, cornbread bread, grits, rice, macaroni, noodles, spaghetti, tortillas, wheat germ.
Vegetable & Fruit (Vitamin C)	2			Oranges & juice, grapefruit & juice, cantaloupe, guava, mango, strawberries, pineapple, Green or chili broccoli, brussel sprouts, raw cabbage, collards, kale, spinach, greens.
Vegetable & Fruit (Vitamin A)	1			Asparagus, broccoli, chard, brussel sprouts, collards, cress, kale, spinach, turnip greens, or other dark green leaves, pumpkin, carrots winter squash, yams apricots, sweet potatoes, cantaloupe.
Other Vegetables & Fruits	3			Potatoes, plums, prunes, dates, peaches, pears, persimmon, berries apple, bananas, grapes, raisins, lettuce, cucumbers, radishes, bean sprouts, tangerines, watermelon, green beans, peas, corn
Water	6-8			
Liquids	6-8			Water, milk, juice, soup, broth, decaff. tea or coffee

SAMPLE MENU FOR PREGNANCY

BREAKFAST:

orange juice-1/2 cup or 1 orange
cream of wheat or grits - 1/2 cup (cooked)
soft cooked egg - 1
slice toast (whole grain or enriched)
butter or fortified margarine - 1 teaspoon

MID-AFTERNOON:

milk - 1 cup
cheese and crackers

MID-MORNING:

bran muffin - 1 medium
1/2 cup apple juice

LUNCH:

split pea soup - 1 bowl
meat or cheese sandwich - cookie -
mayonnaise - 1 tbsp.
lettuce & tomato salad
1/2 grapefruit
milk - 1 cup

DINNER:

baked chicken - 1-2 pieces or (milk - 1/2 cup, 4 oz.)
baked potato - 1 small
butter or margarine - 1 teaspoon
crisp celery or carrot sticks
green beans or collard greens
1/2 cup
custard or 1/2 cup milk

BEDTIME:

milk - 1 cup
peanut butter or oatmeal

1 or 2 small

BE SURE TO INCLUDE THESE FOODS IN YOUR DIET FOODS RICH IN IRON:

Liver and Liver sausage	Poultry
All kinds of meat and fish	Eggs
Green Lima Beans	Dried peas and beans
Prunes, dried apricots, raisins	Peanut Butter
Molasses	Broccoli

Greens: mustard, turnip, beet, dandelion greens, collards, spinach, kale, chard

Cereals that contain at least 45% iron per serving

- Your body makes the best use of iron when your diet contains Vitamin C.

For best results, have high Vitamin C sources along with foods rich in iron: For example, high iron cereal and a glass

Having Problems?

Nausea & Vomiting?

- Eat small meals, more often, on a regular basis.
- Eat dry cereal or crackers before getting out of bed.
- Drink liquids between meals rather than with meals.
- Sip water and juices slowly.
- Bake, boil or broil foods rather than fry foods.
- Eat ice chips, popsicles, fruits and cooked vegetables between meals.
- Have lots of fresh air in rooms where you sleep and where you prepare your meals.

AVOID:

- Highly seasoned and spicy foods.
- Getting extremely hungry.
- Fried, rich foods such as gravies, rich desserts, nuts, olives, sweet rolls, pastries.
- Gas-forming foods such as brussel sprouts, cauliflower, cabbage, onions, cucumbers, and sauerkraut.
- Smoking or chewing tobacco.
- Caffeine foods or drinks.

Constipation?

- Drink 8-10 glasses of liquid (especially water) between meals.
- Eat whole grain and bran cereals, breads, and muffin.
- Eat more raw fruits and vegetables.
- Eat stewed prunes, apricots, or prune juice.
- Drink: hot liquids such as soup.
- Eat dried fruits such as raisins and prunes.
- Take daily walks.

Heartburn?

- Eat 6 small meals each day.
- Avoid lying down after eating.
- Avoid tension at mealtime.
- Cut down on fried, greasy or spicy foods.
- Use less seasonings.
- Watch your caffeine intake.

Getting sick when taking your vitamins?

- Avoid taking vitamins on an empty stomach.
- Try taking vitamins at bedtime, with meals, or after meals.

SPECIAL INSTRUCTIONS JUST FOR YOU!

*Remember to take your prenatal vitamins everyday.

If you have any questions talk to your
Dietitian/Nutritionist

or call:
858-7690
www.erie.gov



ERIE COUNTY DEPARTMENT OF HEALTH Bureau of Public Health Education & Information

95 Franklin Street
Buffalo, New York 14202

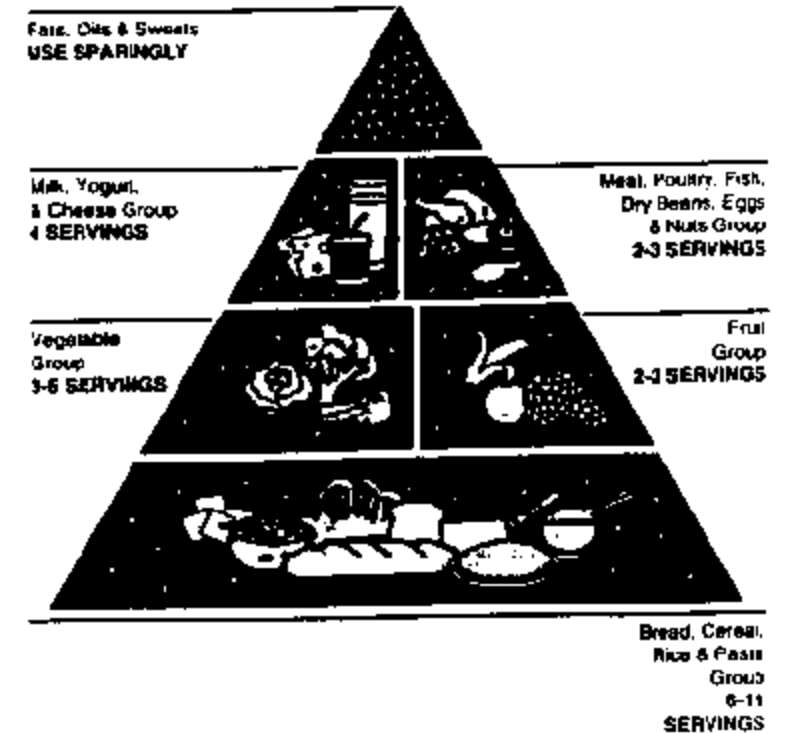
JOEL A. GIAMBRA
County Executive

ANTHONY J. BILLITTIER IV, M.D., FACEP
Commissioner of Health

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HE (PAM-200) (Rev. 8/00) ECHD

Eating Right During Pregnancy



FOOD GUIDE PYRAMID A Guide to Daily Food Choices